

## **Research topics:**

### Topic 1

1. Evaluate the components of the USDA nutrition facts label for information on the nutritive value of packaged food.
2. Evaluate the uses and dangers of supplements and steroid use.

### Topic 2

1. Explain the variety of factors that influence weight (e.g., genetics, physical activity, food choices, environment, income, ethnicity, gender, age).
2. Analyze criteria for determining healthy body weight.
3. Explain weight management programs including surgical weight reduction possibilities and their short- and long-term outcomes.
4. Identify eating disorders, symptoms, and current research for prevention and management.
5. Describe safe, healthy, effective weight loss and maintenance programs.
6. Explain the role of exercise in managing weight.

### Topic 3

1. Interpret how [MyPyramid.gov](https://myplate.gov) guides healthy food choices.
2. Relate the consequences of using the daily recommended dietary habits (e.g., eating whole grains, fresh fruits, and vegetables; choosing low-fat dairy and meat; adding fiber; and balancing caloric intake).
3. Compare the American Pyramid (or myplate) to guidelines of other countries such as Canada, Mediterranean...

### Topic 4

1. Determine how exercise habits may promote healthy weight.
2. Examine situations and behaviors that can promote poor health outcomes (e.g., tobacco use, substance abuse, violence and risk-taking, environmental factors and sexual behavior).
3. Demonstrate skills to accommodate and meet the healthy body needs of all family/household members.

### Topic 5

1. Determine the health benefits of physical activity and sleep.
2. Explain energy balance as it influences body weight and relates to obesity.
3. Explain the importance of sleep and the amount needed for each age group, especially teens.

### Topic 6

1. Interpret the impact of eating behavior and physical activity on short- and long-term health.
2. Interpret high-risk food situations related to immune-compromised individuals (e.g., acquired immunodeficiency syndrome [AIDS] patients, infants, pregnant women, diabetics).
3. Explain the components of a healthy diet for the above individuals.

### **Report Requirements (100pts.)**

1. Use a minimum of 3 research sites
2. Write a two page report covering your topic. (100)
  - a. 1.5 spacing
  - b. Times New Roman
  - c. Standard margins
  - d. Use of Conventional writing standards
  - e. Proof read and spell checked
  - f. Sources in MLA style (see computer for adding sources to your paper)
3. Plagiarism will result in an automatic 0% with referral to office
4. Grade reduced 10pts. each day late

### **Visual and presentation Requirements (50pts.)**

1. Must present a full size poster or PowerPoint that covers highlights of your report
2. Minimum of 10 slides including an introductory slide with name
3. Must be educational without being boring
4. Visually appealing
5. Accurate information presented
6. Presented to the class if/when scheduled
7. Audible, coherent, grammatically correct, and easily understood presentation to the class
8. Grade will be reduced 10pts. each day late
9. Late presentations will be given immediately after school on Wednesday

### **Schedule**

Monday – Wednesday – research and writing of paper and development of PowerPoint

Thursday and Friday – Project presentations

Monday – make-up of any presentations not given Thursday and Friday

### **Next Week at a glance**

Tues – Wed – lab practical preparation

Recipe selection

Lab sheets

Market order

Lab without any teacher assistance

\_\_\_\_\_ Name

Topic selected \_\_\_\_\_

Would you like to volunteer to present 1st. day? \_\_\_\_\_

Service Project Completed? \_\_\_\_\_

\_\_\_\_\_ Name

Topic selected \_\_\_\_\_

Would you like to volunteer to present 1st. day? \_\_\_\_\_

Service Project Completed? \_\_\_\_\_

\_\_\_\_\_ Name

Topic selected \_\_\_\_\_

Would you like to volunteer to present 1st. day? \_\_\_\_\_

Service Project Completed? \_\_\_\_\_

\_\_\_\_\_ Name

Topic selected \_\_\_\_\_

Would you like to volunteer to present 1st. day? \_\_\_\_\_

Service Project Completed? \_\_\_\_\_